

ABSTRACT OF THE DISCLOSURE

A home wellness system includes a headless base station having a first wireless communication port, a portable fob having a second wireless communication port, a user input device and a display, and plurality of sensors. Each of the sensors senses information and includes a third wireless communication port, which sends the sensed information to the first wireless communication port of the headless base station. The headless base station sends the sensed information for one, some or all of the sensors from its first wireless communication port to the second wireless communication port of the portable fob. The portable fob displays the sensed information for one, more or all of the sensors at its display.